

Safety Plan for

Date: _____

Step 1: I can do the following things to take care of myself in moments of distress:

1. _____

2. _____

3. _____

I will avoid/remove the following situations/ people/things to keep my environment safe:

1. _____

2. _____

Step 2: I can contact the following people/agencies for help:

1. _____
2. _____
3. _____
4. **Call**
 - ___ National Suicide Prevention Lifeline:
800-273-8255
 - ___ Crisis Link: 703-527-4077
 - ___ CAPS: 703-993-2380 (8:30am-4:30pm M-F)
 - ___ CAPS: after hours through Housing Staff or
Mason Police at 703-993-2810
 - ___ Specific resource: _____
5. **Text**
 - ___ Crisis Link: text CONNECT to 85511
 - ___ Crisis Line: text HOME to 741741
6. **Visit**
 - ___ CAPS in SUB 1, Suite 3129
 - ___ Local Emergency Room